

Workout Journal Template

A printable lifting journal: session logs, a personal records page, and a weekly review.

What is in this PDF

- **Session log** (print as many as you need): date, workout, bodyweight, sleep, then exercise, five sets of weight x reps, RPE and notes.
- **Example page** showing a finished push session.
- **Personal records page** for your best set on each lift.
- **Weekly review page** to read the week back and plan the next one.

Shorthand that keeps logging fast

- 80 x 8 = 80 kg (or lb) for 8 reps
- 3x8 @ 80 = three sets of 8 at 80
- RPE 8 = about two reps left in the tank (10 is a true max)
- BW = bodyweight exercise, +10 = 10 added on a belt or vest
- F after a number = failed that rep

How to use it

- Write each set in your rest period, not at the end of the session.
- Log what you did, not what the program said.
- Before you train, read the last page for that workout and copy the "beat this" line to the top.
- Once a week, fill in the review page. It takes five minutes.

Training goal for this block

Printing: Letter size; choose "Fit to page" for A4. Print the session log page double-sided to save paper.

How a finished page looks. Weights in kg; use whatever unit you train in.

[illegible]

Next session, beat this:

Bench 80 x 8 on all three sets, then 82.5

Page 10 of 10

One page per session. Write weight x reps in each set box, the reps you actually did.

[illegible]

Next session, beat this:

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Your best set on each lift. Add a new line every time you beat it, so the history stays visible.

Weekly review

WEEK OF

AVG BODYWEIGHT

SESSIONS

Sessions planned vs done

Lifts that went up this week

Lifts that stalled or went down

Anything that hurt or felt off

Sleep, food, stress: anything unusual?

One change for next week
